

Field exercise testing in COPD

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Field exercise testing in COPD

Vasileios Andrianopoulos, 10th May 2017

1. The six-minute walk test (6MWT) and the cycle endurance test (CET) are not interchangeable exercise tests. (This thesis)
2. The choice of six-minute walk distance (6MWD) reference equations should consider the consistency of 6MWT operating procedures and at least be specific for the country/region of origin. (This thesis)
3. Next to the 6MWT-derived variables, the unintended stop(s) during 6MWT can refine the prognosis of mortality in COPD patients. (This thesis)
4. Patients in GOLD stage II who exhibit exercise-induced desaturation (EID) during the 6MWT present higher odds to have moderate or worse emphysema compared patients with EID in GOLD stage III-IV. (This thesis)
5. EID during the 6MWT cannot be accurately predicted by the use of baseline oxygen saturation solely. (This thesis)
6. Normocapnic patients at rest who exhibit exercise-induced hypercapnia (EIH) have higher odds to develop chronic hypercapnia associated with poor prognosis (Simard et al. *Eur Respir J.* 1995)
7. Pulmonary Rehabilitation (PR) is a multidisciplinary therapeutic approach that improves exercise capacity, dyspnea, quality of life, health care utilization and costs, psychosocial status, and survival. (Nici et al., *Am Fam Physician.* 2010)
8. Patients with better health-related quality of life are more likely to complete PR while worse baseline exercise performance makes the achievement of a positive minimum clinical important difference (MCID) in 6MWD more likely. (Boutou et al. *BMJ* 2014)
9. Both poor 6MWD and lack of improvement >30m after PR are associated with worse 5-year survival in patients with COPD. (Camilo et al. *Int J Chron Obstruct Pulmon Dis.* 2016)
10. Significant improvements in both 6MWD and Saint George's respiratory questionnaire (SGRQ) score after an 8-week PR program were able to maintain exercise capacity and quality of life for 12 months by following weekly unsupervised home exercise. (Spencer L.M. *Eur Respir J.* 2010)
11. Exercise is so effective that it should be considered as a drug, but more attention should be paid to the dosing and to individual variations between patients. (Vina et al. *Br J Pharmacol.* 2012)
12. Physical activity habits in daily life are significantly increased after long-lasting (\geq 6months) exercise programs in patients. (Pitta et al. *Chest* 2008)
13. Lack of physical activity affects almost every cell, organ, and system in the body causing sedentary dysfunction and accelerated death. (Booth et al. *Compr Physiol.* 2012)
14. No man has the right to be an amateur in the matter of physical training. It is a shame for a man to grow old without seeing the beauty and strength of which his body is capable. (Socrates)